

The Self-Advocacy Times

Written by the South Dakota Self-Advocates for Change

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Newsflash!

Chuck Henrie, of South Dakota, was elected as an alternate board member for Region 4 of SABA.

Region 4 covers South Dakota, North Dakota, Nebraska, Kansas and Missouri.

As an alternate, if the Region 4 board member can't make it to a meeting, Chuck will be called to attend the meeting in their place.

SABE 2008 Conference

In September, Nancy Weiss and I had the chance to attend the SABE 2008 Conference in Indianapolis, Indiana. SABE is Self-Advocates Becoming Empowered which holds a conference every two years. Attendance was estimated to be around 1,500 self-advocates and staff.



By Chuck Henrie

During the Opening Ceremonies, I had the privilege to carry the South Dakota state flag with pride for the state. I also attended a break out session called, "Leadership Bingo" which taught basic leadership skills like starting meetings on time, having an agenda, being kind, etc.

I also attended a session on getting married and found that if you get married you will lose Supplemental Security Income but not Social Security and Supplemental Security Disability Insurance.



Nancy and I, along with other Illinois self-advocates, presented what self-advocacy is about and what our states are doing to promote it.

There was also entertainment every night. Thursday was a dance to 1980's music, Friday was Karaoke and Saturday was a dance celebrating yesterday, today and tomorrow.

All in all in it was a great conference and we learned a lot about what other self-advocates are doing across the nation and in Canada. I recommend all to attempt to attend the next conference in 2010. We will let you know where and when it is.

Dare to Dream

Chuck Henrie, Michelle Aman and myself were invited to attend the Dare to Dream Conference in Pierre, South Dakota, on June 8th– 10th.

There were a lot of breakout sessions to go to. Some were about self-advocacy, relationships, estate planning, brain injuries and others.



Chuck and I were asked to speak at one of the breakout sessions about

our role as self-advocates and how we have learned to speak up for ourselves.

I also went to a breakout session and listened to T. Marni Voss talk about doing our best in whatever we do.

There was also an art show featuring artists with disabilities. One night there was karaoke.

I learned a lot from attending and I hope to see you at the next one on June 13-15, 2010, at the Ramkota in Sioux Falls, South Dakota..



By Nancy Weiss

About The Self-Advocacy Times

The Times is a product of the South Dakota Advocates For Change.

We are a statewide self-advocacy network that works together with other self-advocates in the state to develop each issue.

Here's who "we" are:

Chief Editor

Chuck Henrie, Rapid City

Editors

Erik Brubakken, Watertown

JoAnne Cleveland, Spearfish

Sarah Dykstra, Sioux Falls

Jackie Juhala, Spearfish

Jaime Norwell, Watertown

Nancy Weiss, Rapid City

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Michelle Aman

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Cyndi Spieker

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South Dakota
Advocates for Change



Christmas or Xmas

I believe that Christmas is becoming too commercial in today's world instead of what the true meaning is.

Everyone is worried about what to get someone as a present or how they should decorate the tree. Or what type of tree to get? A real one or an artificial one?

Everywhere there are sales on items that companies think are a good buys for a presents and suggesting you buy it at their store.

What's the rush the day after Thanksgiving to be the first ones in line before the stores even open?

And why do people wait until the last minute on Christmas eve to buy

their gifts when there are 23 other days in December to buy gifts for their loved ones?

Gift giving is a great way to show that you care about a person. By Chuck Henrie



The true meaning of the holiday is to gather and spend time with your family and share what is happening your life. Many gather spiritually to think about the holiday also.

So this Christmas don't focus on how much the gifts or tree costs. Focus on what the real purpose of the holiday is about and love those around you.

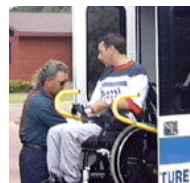
From All of Us at
"The Times"
Happy Holidays!!



Independence - One Ride at a Time!

JoAnne and I have been friends for years. We have felt the need to go places by ourselves - without having to wait for staff, go with someone else or having to walk. Walking in the winter involves lots of layers!

Spearfish has a great public transportation system that provides Paratransit service. This is when the bus both picks you up and drops you off at your front door.



Many of our friends have never used public transportation and were nervous to use it by themselves so we decided to do something about it. We talked to the staff of Prairie Hills Transit and received authorization to be "travel trainers".

We used our years of experience to help teach other people how to use

the system so they aren't nervous.

We feel the ability to go where you want to on your own equals freedom. This is the first step towards teaching people with disabilities that they can be independent and can speak up for themselves!

We held information sessions once a week for 2 months. During this time, we provided our friends with all the basic information they needed to feel comfortable enough to get started. When they were ready to take that giant leap and ride for the first time, we were there to ride with them.

This teaching process has been very successful. To date, we have trained 12 new riders who have achieved a higher level of independence!



By Jackie Juhala & JoAnne Cleveland



Self-Advocacy Fun Page

Have fun and see if you can find these words!
(Answers on page 4)



By Eric Brubakken

S	O	R	U	Z	D	F	A	Y	J	R	S	I	L	W
L	S	M	G	Z	G	T	L	F	O	R	M	P	C	L
N	Z	V	Z	C	U	E	V	E	E	S	B	F	X	W
Y	C	A	C	O	V	D	A	H	S	F	B	L	W	H
U	K	W	J	L	X	F	T	C	I	E	L	E	T	I
F	A	B	M	S	D	O	F	R	V	P	R	S	D	S
G	P	E	O	P	L	E	S	D	U	W	A	R	M	H
H	N	O	X	S	D	T	A	Y	T	D	C	U	C	J
L	S	I	W	B	L	Q	J	Z	V	O	H	O	M	X
E	D	B	K	K	M	G	T	O	V	C	A	Y	A	C
E	S	A	A	A	Y	H	C	Q	Q	G	N	H	E	I
S	L	H	K	S	E	A	U	B	J	W	G	K	T	X
R	P	K	P	O	T	P	Z	Z	Q	G	E	I	F	K
R	Y	W	E	E	T	N	S	H	T	U	O	S	N	F
D	T	Q	S	W	O	A	M	K	R	Z	B	O	W	S

**SOUTH
SPEAKING
TEAM
YOURSELF
FOR
OTHERS
OUT
PEOPLE
SELF
ADVOCACY
ADVOCATES
CHANGE
DAKOTA
FIRST**

Dear Wild Jill...



Dear Wild Jill,

There are two grocery stores where I live. One is close to my house and I would like to shop there so I can go by myself but my parents told me that I couldn't because it is too expensive. What should I do?

~ Confused and Hungry

Dear Confused and Hungry,

It's your right to choose where you want to go shopping, not your parents decision. They can give you advice but they can't tell you what to do. I suggest that you talk to your parents and tell them how you feel. They might be mad for a while but you will become a stronger self-advocate. Good luck confused and hungry!

~ Wild Jill

Dear Wild Jill,

I am 38 years old and have a developmental disability. I have my own apartment and work part-time in the community. My friend wants to go on a date but my parents told me that I can't have a boyfriend. I disagree with them. What do you think?

~ Single and Lonely

Dear Single and Lonely,

Just because you have a disability doesn't mean that you can't have a boyfriend. People with disabilities are just like anyone else. They can even get married and have kids if they want. I suggest that you ask your parents to check out a People First or SABLE website sometime and see the cool things that people with disabilities are doing now. Good Luck!!

~ Wild Jill

West River Advocates For Change - More Team Bios in Next Issue!



JoAnne Cleveland

JoAnne works at the newly opened thrift store in Spearfish called Treasure Island. She also owns a candy vending machine and plans on adding to her business soon. When she is not working, JoAnne spends her free time crocheting and creating latch hook designs. JoAnne has 4 brothers and 1 sister. JoAnne's favorite T.V. show is One Life to Live and her favorite color is pink. JoAnne has been involved in self-advocacy for over 20 years and is currently the President of the Spearfish People First Group.



Chuck Henrie

Chuck has lived in Rapid City since he was a teenager. Chuck has been involved in self-advocacy for the last three years and is currently serving on the Behavior Management System Mainstream Consumer Council, Rapid City Mayor's Committee on Developmental Disabilities and is currently the President of the Rapid City People First. His favorite singer is Shania Twain. He enjoys watching all the CSI T.V. shows and works on the computer in his free time.



Jackie Juhala

Jackie lives in Spearfish in her own apartment that she shares with her boyfriend, Mike. She spends her free time collecting jewelry, hats and dolls. Her favorite season is fall because of all the green, orange and brown colors. Jackie has been a self-advocate since she was in high school and says she enjoys helping people to speak up for themselves. She has 3 favorite television shows because she couldn't pick just one: Project Runway, Cheers and M.A.S.H.



Nancy Weiss

Nancy lives in Rapid City and works in the manufacturing area at the Black Hills Workshop. Her mother, Joyce, lives in Sturgis where Nancy was born. She has 3 sisters and 1 brother - Mary, Cheryl, Judy and Roger. Nancy's favorite television show is Wheel of Fortune and her favorite color is blue. She fills her free time with painting, reading and enjoys traveling. She recently attended the SABE Conference in Indianapolis, Indiana.

Jokes & Riddles



Q: What did the people say when the dog fell off the cliff?

A: Dog gone

Q: Why did the elephant sit on the fence?

A: Because it was time to fix it.



Q: I have numbers on my face but you will not find 13 any place. What am I?

A: A clock

